



Supported by:

**EVENT GUIDE**  
**SATURDAY 23<sup>RD</sup> OCTOBER**



# WELCOME

Thank you for your entry to the Hop Run.

It's almost event day and we want to make sure you have all of the information you need so that you're ready to go on the 23<sup>rd</sup> October when you arrive.

This document includes information on the following:

- Race Timings
- Race Logistics (inc. Starts and Bag Drop)
- Transport and Accommodation
- Race Rules, Numbers, etc
- Course Description (inc. Footwear, Cut Off, Compulsory Kit)
- On Course Nutrition
- Stewart Brewery Party
- Sponsors and Exhibitors

We look forward to welcoming you to the race.

See you on 23<sup>rd</sup> October



# COVID 19 CHANGES

Due to the current Covid-19 situation we have made a number of changes to the event to help keep everyone safe full details of the changes can be found throughout this document but the main points are listed below:

- **DO NOT ATTEND IF**
  - You have felt unwell in the last 10 days
  - You have a high Temperature
  - You have a new and Persistent Cough
  - You have a loss of taste or smell
- If you develop any of these symptoms on event day please go home immediately and alert event staff via email on [info@durtyevents.com](mailto:info@durtyevents.com)
- You may be asked to wear a face covering in any indoor or common areas
- Hand sterilisation stations will be located within the common areas for all to use
- Marshals on the course should endeavour to keep a 2 meter distance from athletes
- If you are over 70 or in a high risk group we would like you to draw your attention to the latest [NHS information](#) to ensure you are aware of any increased risk before volunteering with us.
- Lateral flow tests are now available for free and can be delivered to your door if requested from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> it is not mandatory to take a test but we are recommending athletes and volunteers consider taking one prior to the event for their own peace of mind.



## On Site Advice

- Maintain Social Distancing
- Wear a face covering in common areas
- Clean your hands regularly

## Latest Advice

Scottish Government Advice [here](#)  
NHS Advice can be found [here](#)

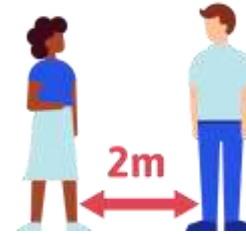




## HAND HYGIENE

Remember to wash your hands regularly for at least 20 seconds

We will have hand sanitisation stations around the site please use them on arrival and between areas.



## SOCIAL DISTANCING

Please remember to stay 2 meters apart from others where possible



## WEAR A FACE COVERING

Face Coverings may be required in communal areas e.g. registration, and in any other indoor situations



## SITE HYGIENE

Please sanitise your hands regularly, particularly when handling equipment.

All equipment will need to be sanitised before and after the event.



## STAY AT HOME

If you feel unwell or have any symptoms of COVID 19 please do not attend the event, Head home and contact NHS Track and Trace



## AFTER THE EVENT

If you develop symptoms of COVID 19 after the event isolate, contact NHS Track and Trace, email us at [info@durtyevents.com](mailto:info@durtyevents.com) and advise you are awaiting test results



STEWART  BREWING

HELLO RUNNER,  
OUR BREWERY BAR HAS  
HAD A REVAMP AND WE  
ARE NOW SERVING PIZZA!

Made to order Neapolitan Pizzas  
New cask beer taps  
Full range of wines and spirits  
Family & dog friendly

Our new bar and pizza kitchen is open:

Thu- 4pm-10pm

Fri- 4pm-10pm

Sat- 12pm-10pm

Sun- 12pm-8pm

BOOK NOW- <https://www.stewartbrewing.co.uk/tap-rooms/brewery-tap>



# EVENT INFORMATION

## Location

The race venue will be Stewart Brewing HQ, Bilston Glen Industrial Estate, 26a Dryden Rd, Loanhead , EH20 9LZ (Race Registration, Finish Line & Party Venue 📍)

## Parking

There is plenty of parking around the industrial estate near the brewery, however think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival.

## How to get there

Public transport is a viable way of getting to the race, please see: <https://www.lothianbuses.com> for more info.

## Schedule

Critical race day times are below:

### Saturday 23<sup>rd</sup> October

1000	Registration for all waves opens at Stewart Brewing HQ
1200	<b>Wave 1 Registration Closes</b>
1200	<b>Wave 1 Bus Loading</b>
1210	<b>Wave 1 Bus Departs – we won't wait for stragglers/faffers</b>
1230	<b>Wave 1 Runners Start</b>
1230	<b>Wave 2 Registration Closes</b>
1230	<b>Wave 2 Bus Loading</b>
1240	<b>Wave 2 Bus Departs – we won't wait for stragglers/faffers</b>
1300	<b>Wave 2 Runners Start</b>
1300	<b>Wave 3 Registration Closes</b>
1300	<b>Wave 3 Bus Loading</b>
1310	<b>Wave 3 Bus Departs – we won't wait for stragglers/faffers</b>
1330	<b>Wave 3 Runners Start</b>
1330	<b>Wave 4 Registration Closes</b>
1330	<b>Wave 4 Bus Loading</b>
1340	<b>Wave 4 Bus Departs – we won't wait for stragglers/faffers</b>
1400	<b>Wave 4 Runners Start</b>
1500	Prize Giving
1600	After Party Finishes (If you wish to stay later tables can be booked in the bar area)



Please pay particular attention to registration and bus timings, we don't want anyone to miss out due to a missed bus! 📍.

**NB. When registration is closing for each wave runners competing in that wave may be called forward, please let them in front, we don't want anyone missing their bus.**

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# RACE INFORMATION

## **Course Description:**

The course will be fully way-marked.

The course includes sections on minor public roads that will not be closed – there are pavements alongside the road in these places – it is **mandatory** that you use them and do not run on the road please. It is possible that you will encounter vehicles and other road users. Please stick to the Right Hand Side of the road (i.e. facing any traffic) and be prepared to step into the verge if necessary.

You are also likely to encounter other users and members of the public, please be courteous – they have exactly the same rights as you to be there. ‘Race Head’ will not be an acceptable excuse for being nasty!

Surfaces vary from rough singletrackpaths to sections on tarmac road, and all stops in between. There are some steeper, muddy and rougher sections of footpath alongside the river in places – please take extreme care. A bit of everything, just what you’d expect from a trail race!.

Hop Run is a trail-run. There are a few short tarmac sections, but the majority is off-road, please come prepared, and choose footwear accordingly. The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We’re not interested in what your Garmin says ;)

**Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.**

## **Road Crossings - IMPORTANT**

The course crosses a road in 2 places these roads will not be closed for the race. You **MUST** follow the instructions of marshals. Not doing so will be an instant DQ!

When you approach each crossing, you will ‘dib’ your dibber/timing chip into an electronic station (either held by a marshal, or on a stake at the side of the trail accompanied by a ‘DIB HERE’ sign. This will stop the race clock, you can then cross the road under marshal instruction without the pressure of time. You will then ‘dib’ again after crossing the road and the race clock will restart for you.

Important: this is the same for everyone, no-one gets an advantage. You DO NOT need to hurry to cross the road, please follow marshal instructions. Please remember our marshals have no powers to stop traffic.

## **Aid Stations**

There will be an aid station on the course at approximately the halfway point, this will be stocked with water, bananas, and sweet snacks.

## **Coaches**

Runners must travel to the race start using the coaches provided by the race organisers. They will leave Stewart Brewing HQ at the times outlined above. **There is no car parking for runners at Rosslyn Chapel.**

Course Maps and descriptions can be found on our [website](#).



# RACE INFORMATION CONT...

## **Facilities at Stewart Brewing**

Get yourself fuelled up before the race with a coffee (tea will also be available). Hot drinks will be charge at £2 per cup and sales will be cash only. However please note the bars on site are card only, cash will only be taken at the hot drinks station.

After the race, sit back relax and get refreshed with Stewart Brewing's award winning selection of beers, the post race party will be on until 4pm after this tables can be booked in the bar area. To book a table please visit <https://www.stewartbrewing.co.uk/tap-rooms/brewery-tap>

## **Facilities at the Start Line**

There will only be basic facilities (limited shelter, limited portable toilets) at the start – please use the facilities at the brewery before boarding the coaches. **Please do not try to use the facilities within the visitor centre at Rosslyn Chapel.**

There will be no bag drop/transfer facility at the race start or on the buses. If you take additional clothing to the start, you will need to carry it yourself to the finish (though if the weather is bad enough to need extra clothing for the few minutes you will be at the start, it would be a good idea to also have it with you during the race!).

## **Golden Rules**

**No Litter. Anywhere. Full Stop.** This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!

**Report to the Finish**, whatever happens to you. Otherwise we're coming looking for you and we won't be happy ☹️

**Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.**



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# REGISTRATION, TIMING AND FINISH

## **Registration**

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number at registration. The race number goes on you, please pin the number on your front, please **do not fold this number or pin it to your leg** it makes it very difficult for marshals to read. The timing chip goes on your wrist. Please make sure you **DOWNLOAD** and **return your dibber** after the finish line or you will not be given a result and will incur a replacement charge of £35.

## **Finish + Prize-Giving**

After you finish make sure you collect your custom medal (which handily double up as a bottle opener!) and your hard-earned beer.

Prize-Giving will be at the Finish as soon as possible. Relax, have a beer on us and claim your prize (or cheer on those that did win a prize!)

## **Post-Race Party**

Our race Partners at Stewart Brewing are putting on a party there will be live music and their pizza kitchen will be open for a bite to eat. The after party will finish at 4pm, if you wish to stay later you can but you will need to [book a table in the bar area](#) prior to the event. Last orders will be at 9:45pm, please enjoy.

Race results will be available at [www.durtyevents.com/results](http://www.durtyevents.com/results). Race Photographs will be published on our social media channels as soon as possible after the event.

There will be no changing facilities available on race day.  
We will have portable toilets, and the bar will be open within the brewery during the event.



# AND FINALLY

## A Greener Hop Run!

Feed station cups re our biggest source of waste. So we're stopping using them. **Completely.** There will be no cups at feed stations. **You need to bring your own** or, if you don't have one, we'll provide you with a re-usable soft folding cup with your race entry in 2021. You will need to carry this with you and use it on the course if you wish to use feed stations.

## Volunteers – (Help Needed)

Hop Run requires a small number of folks to make it happen – course marshals, road crossing marshals, aid station teams, registration and finish crew.

Do you have friends, family or clubmates that fancy coming to help make this event happen, volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so.... **we need them!** Please email [info@durtyevents.com](mailto:info@durtyevents.com)

In exchange for their help we offer an event T-shirt, a free beer, a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

## Accommodation

For accommodation options, this is a good starting point:

<https://www.visitscotland.com/accommodation>



RUN | RIDE | SWIM | TRI | ADVENTURE

# LOOKING FOR YOUR NEXT CHALLENGE?

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[WWW.DURTYEVENTS.COM](http://WWW.DURTYEVENTS.COM)

[WWW.KESWICKMOUNTAINFESTIVAL.CO.UK](http://WWW.KESWICKMOUNTAINFESTIVAL.CO.UK)



**WITH THANKS**

**STEWART**



**BREWING**

**Charity Partner**

Stewart Brewing have teamed up with local charity Bright Sparks Play group, if you have some spare change they'd be very grateful for your donation. For more information on this charity see;

<https://mydonate.bt.com/charities/brightsparksplaygroup>

**TO OUR SPONSORS**